

COHamburgerOnABun100

Number of Servings: 100 (144.65 g per serving)

Amount	Measure	Ingredient
25.00	lb	Beef, ground, hamburger patty, brld, 5% fat
100.00	ea	Buns, hamburger
100.00	ea	Mustard, yellow, prep, pkt
100.00	pce	Onion, white, fresh, slices, thin
100.00	ea	Ketchup, pkt

Nutrients per serving

Nutrition Facts			
Serving Size (145g)			
Servings Per Container			
Amount Per Serving			
Calories 270		Calories from Fat 70	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 60mg		20%	
Sodium 380mg		16%	
Total Carbohydrate 24g		8%	
Dietary Fiber 1g		4%	
Sugars 4g			
Protein 26g			
Vitamin A 2%		Vitamin C 2%	
Calcium 8%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Shape ground beef into 4 oz patties. Place then onto sheet pans that have been sprayed with non-stick cooking spray. Bake at 400 degrees F for 15-20 minutes, or until internal temperature reaches 160 degrees F. Serve hamburgers on bun with a mustard packet, ketchup packet and onion slice.

1 serving = 1 patty, mustard, ketchup, onion and bun = 2 CS